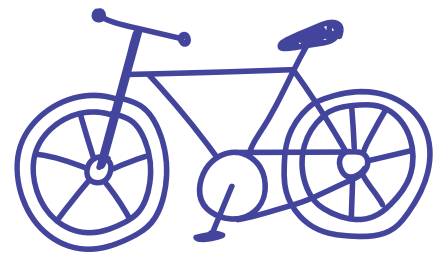
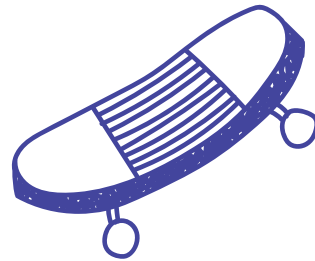
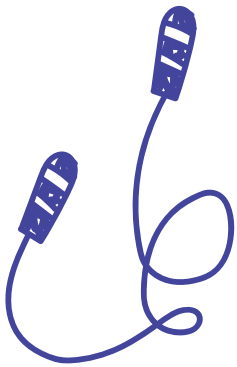


In aid of

gr'ef encounter

may mini mile



How to Guide

grief encounter may mini mile

Sunday 24th May 2020



Whether you are a family, a school, or a community group, thank you for your interest in organising a May Mini Mile in aid of Grief Encounter.

We are looking forward to children and their families, across the country, coming together on Sunday 24th May 2020, to take part and raise much needed funds to support bereaved children, young people and their families.

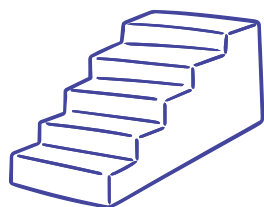
Before COVID-19, a weekend full of activities involving the children might have been something you were planning for this late May bank holiday weekend. To ensure we keep our families as safe as possible during these uncertain times, we think that organising a 'Mini Mile' is a fabulous way to keep children busy in the run up to, and over, the bank holiday weekend.

This information pack will help you plan and set up your event. We hope you have lots of fun and can't wait to see your photos online!

Planning your event

Encourage your Mini Milers to get involved with planning their event. Things to discuss together:

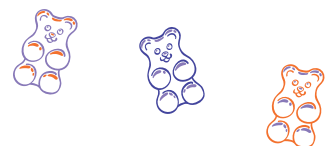
- The course - How far is a mile? How do we measure out a mile around the house and garden, or if you can do it safely, your local park?



- Can you draw a map of the course? TOP TIP – Why not incorporate the stairs – 3,727 steps equate to about 1 mile!
- Jobs – Who in the family is in charge of keeping track of laps completed around the course, or refreshments and Jelly Babies for an energy boost.



- Organise your cheerpoints and entertainment to encourage Mini Milers to keep on going.



- Where and how will you set up the finish line tape to smash through at the end of the course?

- Donations – How are you going to hit your fundraising target? Who might support you?



- How are you going to let people know what you are doing?



fundraising ideas

You could set up an online giving page (<https://www.justgiving.com/start-fundraising>) and set yourself a fundraising goal! Encourage children to agree the amount of money they would like to raise and the value of those donations:

- £5 could pay for a confidential call to our grieftalk helpline, providing immediate support
- £50 could pay for 1 family to attend a 'Fun Day', a chance to make new memories
- £100 could provide a Grief Relief Kit for one family, with professional resources and books



Another way to donate could be to ask friends and family to donate £5 by texting LOSS to 70660.

Below are a few ideas to help encourage donations:



- Fancy Dress – Why not make this challenge a little more difficult and ask your Mini Miler to agree to dress up as their favourite super hero, or another costume, to encourage more donations.
- Jog/Run/Skip/Walk/Hop – Whatever your age, ability or fitness level, if you can add a twist to your challenge you might inspire people to dig a little deeper when donating.



On the day of your May Mini Mile event

Whilst you can't invite people to come along to watch you complete your challenge in person, why not:

- Organise a Facebook Live event
- Post photos or videos to update people on your Mini Miler's progress
- Remind people how they can make a donation (link to your online giving page or Text LOSS to 70660).
- Set up some purple bunting as purple is the main colour for Grief Encounter
- Encourage family friends to send in Good Luck messages of encouragement
- Offer an incentive of cooking your Mini Miler's favourite dinner when they finish

We want to see you! Please take purple themed, where possible, photos of the Mini Miler before, during and after completing their challenge and post and tag them to the following social media channels:



Facebook tagging @griefencounter

Twitter tagging @griefencounter



Instagram tagging @griefencounter

LinkedIn tagging @griefencounter



Hashtags to use #griefencounter #mayminimile

reasons why organising a mini mile for grief encounter is a fabulous idea

- Non competitive and fun whilst doing good
- Family togetherness and keeping mind and body fit and active
- Helping bereaved children and young people during COVID-19
- Fundraise in memory of someone



About Grief Encounter

1 child in every classroom will experience the death of a parent or sibling in the UK. That's one child every 22 minutes.

Bereavement is devastating at any age, but for a child or young person, the effects can be life changing. Grief Encounter exist to alleviate the pain, trauma and isolation grief so often brings, offering free and unique specialist bereavement services to children, young people and their families.

At this time, our helpline, grieftalk, is receiving a huge uplift in calls, not only from family members who have lost someone close, but those who need advice on how to talk to families about Coronavirus, and frontline key workers, such as NHS staff and social care workers, who are being so widely impacted by the amount of death they are witnessing.

A gift of just £26 could enable us to provide initial support, via our helpline to someone who is coping with the daily pressures of grief during this pandemic. It is imperative that we can continue to offer immediate therapeutic support online throughout this time, helping those who so desperately need us.

gr'eftalk helpline
0808 802 0111

Monday – Friday 9am – 9pm

 chat online at www.griefencounter.org.uk

 email griefftalk@griefencounter.org.uk

thank you

For any further information or advice please contact our fundraising team by emailing events@griefencounter.org.uk or visit <http://www.griefencounter.org.uk/virtualcoffeemorning>

